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Amie Hornaman, DCN, MSN, CFMP

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Dale Bredesen, MD

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Jenny Tufenkian, ND

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A Love Without End

Motherhood is one of life's most profound journeys—a love story written deep into the heart. As I reflect on the meaning of Mother's Day, I am reminded of the endless wellspring of love that pours

forth so naturally for our children, shaping every breath, every worry and every moment of joy.

Some of my most cherished memories come from the simple, sacred moments of nursing my four children, waking each morning to the beauty of their sweet smiles beside me and savoring the tender quiet of gazing into their eyes. Those months and years wove a lifetime's worth of soul-deep connection—one of the most humbling and beautiful experiences of my life.

Even now, with one of my beloved children in heaven, the depth of my love remains unchanged. A mother's heart never stops reaching through time and space. It is a love that neither fades nor weakens—a love that endures beyond the visible world.

On this Mother's Day, I offer deep gratitude—not only for the personal blessings of motherhood but for the nurturing spirit that flows through all women. Whether tending to children, community or the Earth herself, the feminine spirit brings life, healing and hope to a world in need.

To every mother, and to every woman who nurtures life in ways big and small: Your love transforms the world. Your strength, tenderness and boundless giving are seen, felt and deeply honored.

May you pause this month to celebrate yourself, to embrace the sacredness of your journey and to know just how deeply you are appreciated.

To be a mother is to embody a love without end—and that, truly, is one of the greatest gifts this world has ever known.

Wishing you a gentle, joy-filled Mother's Day.

With love and light,

Trina & John

HEALTHY LIVING HEALTHY PLANET

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Advertising & Submissions

Natural Awakenings is a network of natural lifestyle magazine publishers empowering local communities with knowledge, resources and connections to lead healthier lives on a healthy planet.



Mother's Day Kirtan Celebration

Michigan Friends Center will host a special Mother's Day gathering led by Full Moon Kirtan and Trevor Chaitanya Eller. The event will take place May 11, beginning with a community potluck from 5 to 6 p.m., followed by a kirtan from 6 to 8 p.m. Participants are encouraged to bring vegetarian dishes. All are welcome to attend.



Full Moon Kirtan and Trevor Chaitanya Eller

Kirtan is a traditional form of devotional singing rooted in India's Bhakti yoga tradition. Through the repetition of Sanskrit mantras, participants are invited into a meditative, heart-centered experience. This call-and-response practice fosters a profound sense of community and spiritual connection, welcoming people from all backgrounds.

Full Moon Kirtan is a monthly, non-sectarian gathering of yoga and Bhakti practitioners who come together to share music, intention and presence. Trevor Chaitanya Eller is co-owner of Ann Arbor Massage & Yoga Therapy.

Michigan Friends Center, located within Friends Lake Community, offers a tranquil, nature-oriented meeting place for holistic events including workshops, yoga classes and family gatherings. The scenic setting provides an ideal backdrop for an evening of music, mindfulness and community celebration.

Location: 7748 Clark Lake Rd., Chelsea. For more information, call 734-475-1892 or visit MichiganFriendsCenter.org. See ad page 31.

Local Writer Publishes Memoir of Survival and Self-Discovery

Sharon Diotte, a retired registered nurse, former teacher for the Focus on Women Department at Henry Ford Community College and successful hotel owner on Easter Island, announces the self-publication of her debut memoir, *Te'ora: From Vulnerability and Wounding to Wisdom and Freedom*. The book chronicles her transformative spiritual journey that emerged from surviving sexual assault and domestic violence.



Sharon Diotte

Inspired by the #MeToo movement, *Te'ora*—which means a beautiful, new life in Rapanui—offers an international narrative of healing, resilience and self-love. Through her story, Diotte sheds light on the weight of patriarchal oppression and the power of an open heart, even in the face of deep wounds. She hopes her memoir will empower women to break their silence, embrace their inner strength and embark on their own paths of healing.

More than a personal testimony, *Te'ora* serves as a resource for survivors, incorporating healing modalities that have aided Diotte and countless others. She emphasizes that the journey to recovery is neither linear nor easy, but by speaking up, women can find solidarity and reclaim their voices. The memoir encourages older women, in particular, to bring their experiences to light and cultivate their own beautiful, new life.

Te'ora is available through local bookstores and Amazon and will soon be accessible via interlibrary loan at the Ann Arbor District Library. Readers can follow the memoir's journey on Facebook under its title and on Instagram @teoramemoir. See ad page 13.

Explore Days of Light and Hope: The Joy of Living Your Best Life at Free Spiritual Seminar in Dexter

Eckankar presents a free seminar, Days of Light and Hope: The Joy of Living Your Best Life, from 11 a.m. to 4:30 p.m., May 24, at Dexter District Library. This enriching experience invites individuals of all backgrounds to discover their spiritual potential and deepen their connection with the Divine Light and Sound.



The event features a variety of interactive offerings, beginning with an ECK Light and Sound Service titled Finding the Divine in Unexpected Places from 11 a.m. to noon. The main program, Days of Light and Hope: The Joy of Living Your Best Life, runs from 1:30 to 4:30 p.m., and includes discussions and panels on Raising Your Spiritual IQ, Keys to Living Your Best Life, and Finding Your Strength Within. Attendees will receive a free Experience Journal to accompany their journey.

Participants will hear firsthand spiritual experiences from Michigan initiates of Eckankar and are encouraged to explore how these insights align with their own spiritual quests. Supervised youth activities will be available for children ages 6 to 17, with options for younger children accompanied by a parent or guardian.

No registration is required, and all are welcome regardless of faith. Location: 3255 Alpine, Dexter. For more information, call 248-546-9224 or visit Eckmi.org. See ad page 26.

The Cancer Support Community of Greater Ann Arbor Hosts the 17th Annual Amazing Race

Experience the Greater Ann Arbor community like never before in solving puzzles, uncovering clues and hunting for landmarks in this family-friendly, team-based road rally. Participants will use their wits, teamwork and a little luck to try to complete their routes first.

After the race, enjoy a tailgate-style celebration with music, prizes, food, beer, wine, raffle and a costume contest. The event starts and ends at 3500 Jackson Road, with registration at 4 p.m. and the race flag dropping at 4:30 p.m. on May 10.

Tickets are \$50 per person, and teams of four are encouraged. All proceeds support The Cancer Support Community of Greater Ann Arbor's (CSC) free cancer support services, including support groups, counseling, wellness programs and resources—ensuring no one faces cancer alone.

CSC proudly recognizes Presenting Sponsors: Pfizer Oncology, The University of Michigan Health Rogel Cancer Center and Trinity Health Michigan. With 200 attendees expected, now is the time to gather teams, channel inner detectives and compete for a great cause.

For more information and tickets, call 734-975-2500 or visit A2AmazingRace.com.

Herbal Medicine Classes Begin in July with Limited Spaces

Enrollment is now open for the Ann Arbor School of Massage and Herbal Medicine's July through December segment. Led by Mary Light, naturopath and medicinal herbalist, this immersive program offers a transformative, hands-on learning experience for students passionate about herbal medicine.

Classes are held on the third Saturday of each month, with a



special session from 9:30 a.m. to 4:30 p.m. on December 6. From the very first day, students are empowered to create their own medicines, identify local plants, apply herbal formulas to health conditions and navigate research and reference materials with confidence. The program cultivates a supportive, harmonious environment, designed to maximize wisdom and hands-on experience.

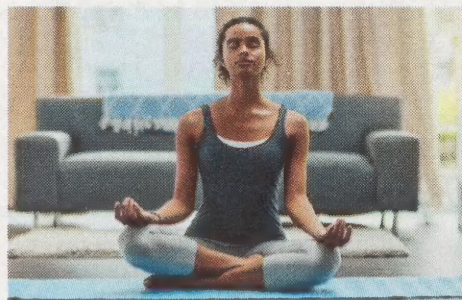
Light says, "The earth's natural flora has inspired and enhanced humans for as long as time can tell." Through her guidance, students deepen their connection to nature while building practical skills that promote holistic wellness.

The Ann Arbor School of Massage and Herbal Medicine invites all who are ready to embark on a meaningful journey toward health, sustainability and herbal knowledge. Spaces are limited, ensuring an intimate and focused learning atmosphere.

Location: Ann Arbor. For more information or to register, call 734-769-7794 or visit NaturopathicSchoolOfAnnArbor.net or Instagram at [AnnArbor_School_Massage_Herbal](https://www.instagram.com/AnnArbor_School_Massage_Herbal).

Virtual Mindfulness Sits for Women Offered Weekly

The Center for the Education of Women+ (CEW+) at the University of Michigan invites participants to join its CEW+Inspire Midweek Mindfulness Guided Sit every Wednesday from 12:15 to 12:45 p.m. This virtual community of practice is open to all, whether new to mindfulness or seeking to deepen an existing practice. Registration is simple—sign up once to receive ongoing access to weekly Zoom sessions.

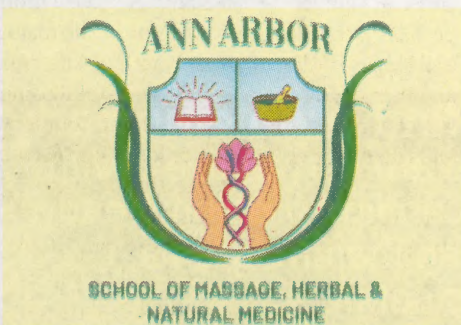


Each 30-minute session blends instruction, support and guided meditation, with time reserved for self-directed mindfulness. Participants are encouraged to attend weekly or drop in when schedules allow. The sessions explore key mindfulness qualities such as present-moment awareness, non-judgment, body sensation awareness and self-compassion.

Mindfulness is not an inherent trait, but a skill that can be nurtured over time. Through regular practice, individuals can build resilience, enhance coping strategies and foster compassion and greater perspective in daily life. CEW+'s supportive environment creates a welcoming space for exploration and growth, lifting up women and underserved communities across the University of Michigan and beyond.

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Location: 330 E. Liberty St., Ann Arbor. For more information or to register, call 734-764-6360 or visit Cew.UMich.Edu.





Detox Support for Hormonal Balance

Every day, the body is bombarded by thousands of toxins—from the food we eat to the air we breathe. For women, the ability to efficiently detoxify plays a critical role in maintaining overall health. This natural process, governed by methylation, helps convert harmful substances

into forms the body can easily eliminate through urine or feces. But when detox pathways are compromised—often due to genetic factors—toxicity builds up over time, potentially contributing to chronic conditions such as heart disease, autoimmune disorders and even hormone imbalances.

Studies suggest that up to 85 percent of the population may experience some form of methylation impairment. These barriers not only increase the risk of disease but can also make weight loss more difficult by affecting insulin resistance and hormone metabolism.

Supporting the liver—the body's primary detox organ—is essential. Women can start by drinking plenty of clean, filtered water, aiming for half their body weight in ounces each day. A plant-based diet low in grains, dairy and sugar also boosts detox capacity. Nutritional support, including B vitamins, vitamin D and targeted liver-support supplements like UltraClear and Advaclear, can enhance results.

Wycoff Wellness offers structured 10- and 28-day detox programs

in partnership with Metagenics, empowering women to address the root causes of illness and reclaim vitality naturally.

Location: 1226 Michigan Ave., East Lansing. For more information or to make an appointment, call 517-333-7270 or visit WycoffWellness.com. See ad on back cover.



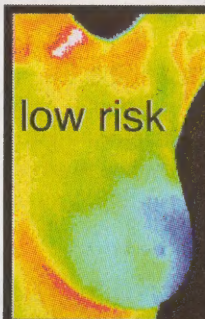
Holistic Wellness for Women at Every Age

Women's bodies continuously evolve, requiring unique care at every stage of life. A holistic approach to wellness supports hormonal balance, stress resilience and overall vitality through natural methods. Adaptogenic herbs, such as ashwagandha and rhodiola, help the body manage stress

by regulating cortisol levels. Regular infrared sauna sessions promote detoxification, improve circulation and support hormonal equilibrium. Acupuncture and therapeutic massage offer relief for menstrual discomfort and menopause symptoms by enhancing circulation, reducing inflammation and promoting relaxation. Additionally, lymphatic detox techniques—such as dry brushing and herbal teas—assist in reducing bloating and flushing out toxins, contributing to overall well-being.

Prioritizing holistic health ensures that women feel empowered and in control of their wellness journey. By integrating these natural therapies into daily routines, they can experience increased energy, better hormonal balance and improved emotional well-being. Small, consistent lifestyle changes make a significant difference in long-term health.

Location: Solara Wellness, 644 Migaldi Ln., Ste. 300, Lansing. For more information, call 517-388-1507 or visit SolaraWellness.net.



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Teeth-Cleaning Microrobots

Researchers at the University of Pennsylvania have developed prototype teeth-cleaning devices that use microrobots made of iron oxide nanoparticles. With the push of a button, magnets guide the microrobot swarms to form bristles for brushing or an elongated thread for flossing.

Notably, the nanoparticles are approved for human consumption by the U.S. Food and Drug Administration.

Two distinct devices are being tested: a mouthguard and a toothbrush. Upon activation, the device distributes a solution of microrobots and hydrogen peroxide into the mouth. The iron oxide nanoparticles kill bacteria and break down plaque more effectively than the disinfectant alone. In testing, researchers have removed 100 percent of plaque from a 3D printed model of human teeth and gums, and achieved an 80 percent success rate in animal testing. Work continues to increase the system's effectiveness and shorten the cleaning time, which currently ranges from five to 10 minutes.



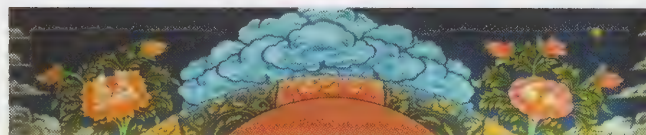
Expanding Access to In Vitro Fertilization

In February, the federal government announced plans to protect access to in vitro fertilization (IVF) and reduce treatment costs. Approximately one in seven couples trying to have a baby are unable to conceive. Each IVF treatment costs between

\$12,000 and \$25,000 per cycle, and multiple cycles may be needed to achieve a successful pregnancy. These costs are generally not covered by health insurance, making IVF financially inaccessible for many Americans.

Although the announcement did not introduce new legislation, it underscores the importance of family formation as a national public policy. The U.S. fertility rate is at a historic low, declining by 3 percent in 2023 compared to the previous year, after a consistent 2 percent annual reduction from 2014 to 2020.

Share Your Healthy Tip in Our Health Briefs Department. Text 734-757-7929.



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LOVE, ATTACHMENT
& FREEING THE
RELATIONAL SELF
May 10

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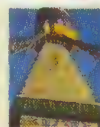
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Women in Bloom

Balancing Hormones for Optimal Well-Being

by Carrie Jackson



Hormone fluctuations are a natural part of every woman's life. When balanced, hormones help regulate body functions, transmit vital messages through the bloodstream and provide essential tools during childbearing stages. However, a disruption in this balance can lead to a range of physical, mental and emotional symptoms, causing women to feel overwhelmed and uncentered. Fortunately, lifestyle changes, professional guidance and emotional support can help women achieve hormonal balance, manage their symptoms and embrace each stage of life with confidence and self-assurance.

Understanding the Hormonal Stages

Lorraine Maita, a New Jersey-based functional and integrative doctor specializing in bioidentical hormone replacement therapy

and founder of The Feel Good Again Institute, categorizes a woman's hormonal stages as puberty, postpartum, perimenopause and postmenopause. "Each stage has its own unique characteristics and symptoms that women should be aware of," she declares. "Because hormones affect mood, weight and energy, women must be prepared to balance their hormones as they ride these waves."

Hormones surge during puberty and decline during perimenopause, and both phases have similar symptoms. "During these stages, it's easy to make estrogen, but not easy to ovulate," Maita says. "Your body is experiencing estrogen dominance, which can cause a number of symptoms including anxiety, irritability, impatience, insomnia, growth of the breasts, tender breasts, growth of the uterine lining, mood swings, spotting, and heavy, skipped or irregular periods."

She explains that progesterone is needed to balance the symptoms of estrogen dominance. "Estrogen is the hormone of energy and growth, and progesterone is the hormone of peace and calm. Whether estrogen is high, normal or low, if you don't have enough progesterone to balance it, you may have some or all of these symptoms."

In the postpartum stage, hormone levels that were high during pregnancy decrease significantly after giving birth. "A lot of women get postpartum depression after they have a baby," Maita points out. "Prolactin levels increase while they're breastfeeding and shift hormone balance, which can leave women feeling drained and anxious. Maternal demands, social isolation and general stress on the body can also contribute to depression."

In menopause, both estrogen and progesterone levels drop, leading to a permanent cessation of the menstrual cycle and infertility. "Menopause can trigger a number of physical and emotional changes," Maita remarks. "Women typically feel tired and irritable, gain weight, have trouble sleeping, struggle with poor memory and experience vaginal dryness. Some people can get neurological symptoms such as creepy crawly feelings. The microbiome changes, which can cause gas and bloating. A number of women experience depression and anxiety."

"Physical movement, stretching and weight-bearing exercises are all essential for managing symptoms, particularly during the midlife transition when estrogen levels decline." – Amy Wasserman, psychiatric advanced practice nurse, Flourish Counseling & Wellness, Chicago.

Regaining Balance

Although hormonal changes can feel overwhelming, Maita believes that women can regain control by adopting a combination of lifestyle modifications and seeking medical guidance.

"Eating a fiber-rich diet keeps your bowels moving, flushes out toxins and helps to remove excess estrogen," she explains. "If you're not moving your bowels, you're sitting on toxic waste that will get reabsorbed into the system. I recommend loading up on cruciferous vegetables like broccoli, kale, radishes and Brussels sprouts."

Maita advises against exposure to pesticides, plastics and other chemicals in personal care and cleaning products, noting that these toxic substances mimic estrogen and exacerbate hormone swings. Cleaner alternatives can be found by visiting the Environmental Working Group's Skin Deep database at EWG.org/skindEEP.

Supplements can also help to minimize symptoms of hormone imbalance. Maita emphasizes that while lifestyle modifications should be prioritized, she will incorporate herbs into a patient's treatment

plan. "Chaste berry aids with ovulation in younger people, and black cohosh can help with hot flashes and mood. Magnesium is beneficial at any stage. It's relaxing, can relieve muscle tension and headaches, and calms the nervous system. Melatonin is a very good antioxidant that can help with sleep, which is extremely important. Setting a soothing bedtime routine with lower light, while avoiding food and vigorous exercise, will help the body's natural circadian rhythm," she says.

Addressing symptoms before they become troublesome can significantly enhance women's overall well-being. As explained by Anna Cabeca, a Dallas-based, triple-board-certified obstetrician-gynecologist, "Hormone imbalance can happen at any point, and we don't want to wait for symptoms to cause unnecessary discomfort. Decreasing inflammation, improving insulin sensitivity and supporting healthy detoxification on a regular basis can set us up to better manage changes when they do occur."

Stress, environmental factors and ovarian decline can contribute to hormone imbalances. Cabeca advises that managing cortisol levels by increasing oxytocin is a crucial starting point. "If you're just addressing the reproductive hormones and not looking higher up, you have a problem," she says. "In the hierarchy of hormones, oxytocin is the most powerful. It's a regenerative hormone that alkalizes the body, where cortisol is acidifying. Oxytocin is the hormone of longevity and has been shown to improve the immune system and increase muscle cell regeneration."

Increasing oxytocin is more potent and effective than decreasing cortisol. Cabeca recommends a shift in perspective

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toward positivity rather than negativity, saying, “I encourage patients to do things that give them a spiritual lift and reflect on what playtime looks like for them. Getting out in nature, laughing, kissing, positive touch, playing with pets and spending time with good company and community can all boost oxytocin and produce those feel-good chemicals.”

Alleviating Emotional Effects

While physical fluctuations may be the most noticeable, hormonal changes can also impact a woman’s mental and emotional well-being. According to Amy Wasserman, a psychiatric advanced practice nurse at Flourish Counseling & Wellness, in Chicago, “Variability in hormones plays a role in the synthesis of neurotransmitters like serotonin, dopamine and GABA [gamma-aminobutyric acid]. So, when there are hormonal fluctuations, we are more likely to experience cognitive effects, which can manifest with various symptoms, including increased anxiety, sleep disturbances, panic attacks, irritability, sensitivity, depressed mood, low self-esteem, intrusive thinking and even suicidal ideation.”

Observing symptoms is a crucial first step to reducing their impact. Wasserman suggests journaling about patterns of physical and cognitive effects to enhance awareness of specific triggers. “Ask yourself, ‘What are the

lifestyle or behavioral things I can modify to improve how I am feeling? What are techniques that have worked in the past?’” she proposes. “Physical movement, stretching and weight-bearing exercises are all essential for managing symptoms, particularly during the midlife transition when estrogen levels decline. Self-care is not just an option, but a necessity to ensure balanced mental health.”

Women can also find support and a sense of community by reaching out to others, which can often be free or low-cost. The Menopause Society recommends that employers provide support to perimenopausal women by providing more flexible work hours and forming affinity groups to foster more open communication among colleagues. “Support groups can provide a sense of normalcy and validation,” says Wasserman. “Participants often feel more hopeful about the future as they hear stories of resilience, receive positive feedback and learn first-hand about various treatment options. The International Association for Premenstrual Disorders offers free support groups, and Postpartum Support International offers more than 50 free virtual support groups throughout the month.”

There is no shame in asking for professional help to manage disruptive mental health symptoms. “Therapy has been proven to be as effective as medication for treating many

mental health conditions. Cognitive behavioral therapy, interpersonal therapy, and acceptance and commitment therapy can all help manage symptoms during reproductive changes. Depending on the individual’s history and the nature of their symptoms, eye movement desensitization and reprocessing, dialectical behavioral therapy, and exposure and response prevention may also be beneficial,” Wasserman says.

Incorporating New Lifestyle Choices

Prioritizing sleep and embracing acceptance can also help ease hormonal transitions. “Restful sleep can significantly enhance mood and allow a woman to cope with changes she may feel she has little control over,” says Wasserman. “I encourage patients to practice mindfulness to acknowledge and accept the physical and cognitive changes, surrender to things out of their control and try to welcome peace and self-kindness with messages such as, ‘I meet this moment with grace’ or ‘I choose peace over perfection.’”

Maita notes that mindfulness and gratitude can help shift our overall well-being. “Gratitude has very powerful effects on calming the nervous system, which can help your immune and hormone systems. I love a technique called HeartMath, which is deep belly breathing while focusing on your heart and on someone, a place or something that you are deeply grateful for. We want to be in a calm state to weather these storms,” she advises.

Cabeca proposes that these life transitions are natural and serve as catalysts for spiritual growth and renewed purpose. “Instead of menopause, the Japanese use the term *konenki*, which translates to ‘second spring.’ It’s a rebirth, not a disease,” she says. “We are energetic bodies, and that energy is best celebrated with grace and humor.”

Carrie Jackson is a Chicago-based freelance writer and frequent contributor to Natural Awakenings. Connect at CarrieJacksonWrites.com.





An Invitation From Mother Earth

by Marlaina Donato

Connections between women and the Earth's natural rhythms ran deep in ancient civilizations and spiritual traditions worldwide. Women held important roles in agriculture, cultivating the soil and grinding grain. From the village herbalist that brewed roots for ailing townspeople to the Victorian ladies that used florigraphy (the language of flowers) to convey unspoken sentiments, women's intimate connection with nature spans millennia. These cultural threads continue to influence our folklore and fairy tales, as well as our reverence for Mother Nature.



When environmental activist Julia "Butterfly" Hill climbed an ancient redwood tree in 1997 to protest the clear-cutting of old-growth forests, she had no intention

of living in the forest canopy for two years. This harrowing act of activism not only forged a life-altering relationship with the elements and her inner wilderness, but also

inspired a global mission to encourage others to care for the planet in small ways.

The rest of us don't have to live in a tree to contribute to the environment, but we can begin by repairing our estrangement from Mother Earth. Despite efforts to live sustainably, that innate, energetic umbilical cord connecting us to the natural world has been severed for too many of us. We go days and weeks without sunlight on our skin or sand between our toes. Spending time outdoors has become a forgotten necessity, and we are paying the price for this alienation between Gaia and our physical bodies.

Taking time to walk the dog, plant a patio flower garden, play on the swings with the grandkids or enjoy a morning coffee on the deck are all simple ways to tap into Mother Nature's restorative benefits. Planning a camping trip, attending a plant identification workshop or taking lunch breaks outside can have profound effects on our neurotransmitters, hormonal rhythms and morale. Reestablishing this connection enables us to remember our ancient roots, which, in turn, nourishes a brighter tomorrow.

Marlaina Donato, an author, painter and composer can be reached at WildflowersAndWoodSmoke.com.



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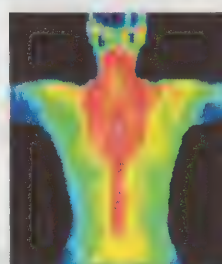


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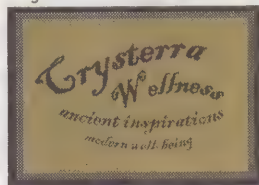
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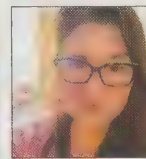
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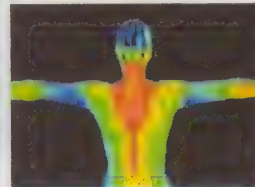
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Composting Basics

For environmentally conscious home dwellers, composting food scraps and yard waste in a pile, bin or specialized tumbler offers numerous benefits. The process involves creating optimal conditions for microorganisms to decompose organic material, transforming it into a valuable soil additive. Composting significantly reduces waste destined for landfills, minimizing methane emissions.

Whether integrated into gardens or potted plants, compost can enhance vegetable harvests and flower blooms, discourage weed growth, improve moisture retention and reduce the reliance on synthetic fertilizers. There are several ways to engage in composting, including indoor or outdoor composting at home, as well as the collection of food scraps for processing at local composting facilities, farms or community gardens.



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Outdoor Composting Tips

- **Build a base** with straw or twigs to allow for air flow.
- **Alternate layers** of green materials (produce scraps, coffee grounds and eggshells) with brown materials (dry leaves or shredded paper), aiming for a three-to-one ratio of browns to greens by volume.
- **Maintain the compost slightly damp** for moisture balance.
- **Turn the compost periodically** for aeration.
- **Avoid composting** meat, fish, dairy products, fats, oils, diseased plants or pet waste.

These devices process the waste within three to 12 hours, depending upon the brand, and are compact enough to fit in most kitchens.

Popular brands like Lomi and Vitamix create fertilizer from food waste, while Reencle adds microorganisms to the composting process. Unlike outdoor composting, these devices make it possible to recycle meat and dairy products. However, read the instructions carefully to ensure that only recommended food waste items are placed in the machines to avoid damaging them.

Kitchen Collection Bin

Whether food scraps are collected for indoor, outdoor or third-party composting, a collection bin conveniently placed under the kitchen sink or on the counter makes recycling food scraps a part of the daily cooking routine. Here are some helpful tips:

- **Bin Size:** Choose a bin large enough to accommodate three to four days' worth of kitchen scraps for the household.
- **Odor Control:** Make sure the bin comes with a charcoal filter and/or perforated lid to reduce naturally occurring odors.
- **Materials:** Opt for eco-friendly bins made out of long-lasting stainless steel or sustainable bamboo. Plastic bins are also available.
- **Cover:** Consider hinged, flip-top models for ease of use and convenience.
- **Waste Size:** Cut everything into small pieces to speed up decomposition.
- **Cleaning:** Regularly wash the bin to prevent odors, fruit flies and other pests.



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Indoor Composting

For those residing in apartments or homes without yards, indoor composting is a good option. It requires an investment in a composter or food recycler that dries and grinds food waste into grounds, and is typically equipped with a filter to eliminate odors.



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Demo Rinpoche

Buddha Shakyamuni's path from prince to teacher illuminates the essence of Tibetan Buddhist practice: understanding suffering and nurturing human potential. His transformative journey, sparked by real-world encounters with illness, aging and death, led him to seek inner wisdom and compassion—a legacy that continues 2,600 years later.

Jewel Heart, a Tibetan Buddhist learning center, carries that legacy into the modern age. Founded in 1988 by the revered Gelek Rinpoche, the organization offers teachings that blend ancient wisdom with contemporary relevance. In 2008, His Holiness the Dalai Lama consecrated its Ann Arbor base, recognizing Jewel Heart's role in preserving

authentic Tibetan Buddhism in the West.

Gelek Rinpoche's extensive archive, now freely accessible at GelekRinpoche.org, represents one of the largest English collections of teachings by a Tibetan master. His successor, His Eminence Demo Rinpoche, guides the community with a rare blend of rigorous traditional training and interfaith academic study. He holds the highest monastic degree, Geshe Lharampa, and a master's in inter-religious engagement.

Jewel Heart welcomes all levels of interest—from beginner meditations and community programs to advanced vajrayana studies. Their inclusive, global approach is supported by visiting teachers from India, Europe and North America.



Demo Rinpoche

With both local and virtual offerings, Jewel Heart invites individuals to cultivate inner peace and compassionate action in everyday life.

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Healthy Cravings

Snacking for Hormonal Harmony

by Maya Whitman

We have all experienced that irresistible craving for a crunchy, salty or sweet snack, propelling us to grab a bag of chips or dip into the cookie jar. While these treats might temporarily lift our mood and energy, they can wreak havoc on our hormones. Ultra-processed food (UPF) has gained significant attention for hormonal disruptions, especially in women. A study published last year in *Frontiers in Nutrition* noted that adolescent girls were also particularly susceptible to hormonal imbalances when their diet was high in UPF.

Snack favorites such as potato chips or cupcakes are not the only culprits. A 2021 French study published in the *Journal of Nutrition* reported that UPF accounted for 37 percent or more of the energy intake for vegetarians and vegans, mainly due to meat and dairy substitutes. Individuals transitioning to a non-meat diet tended to consume more ultra-processed meat substitutes and packaged foods compared to those that had long been vegetarian or vegan. Interestingly, the study also determined that non-meat eaters tended to consume more unprocessed foods and fewer fatty and sweet foods.

It is never too early or too late to make small, daily changes that can positively impact our well-being. “The real magic happens when we choose nourishment over numbness, when we eat in a way that sustains us, not just in the moment, but in the long run,” says Laura Peischl, a menopause health coach and hormone specialist with certifications in functional medicine and integrative nutrition.

Decoding Cravings

Understanding the reasons behind our cravings can empower us to make healthier choices for our bodies. “Cravings for salty foods can signal cortisol imbalances, adrenal fatigue or mineral deficiencies,” explains Holly DeLong, a registered dietitian nutritionist specializing in functional medicine and founder of Food & Mood. “Cravings for sweets can stem from blood sugar imbalances, high cortisol levels and even low serotonin, our feel-good neurotransmitter. Cravings for crunchy foods can be associated with repressed anger, iron deficiency or insufficient fiber in the diet.”

Hormonal imbalances can have far-reaching effects beyond estrogen and progesterone. Mindy Pelz, a women’s health specialist and the author of *Eat Like a Girl*, sheds light on the bigger picture. “If your adrenals become burned out from constantly making cortisol, your body will also have trouble regulating estrogen and progesterone. That affects your sleep cycle and messes with melatonin, which changes your hunger levels through ghrelin and leptin. Basically, a single hormone imbalance can start a chain reaction that ends up sabotaging your overall well-being.”

Peischl, the author of *Feel Good Menopause: The Essential Guide to Nutrition and Wellness*, as well as the facilitator of a menopause support group on Facebook, reminds us that eating carb-heavy snacks without protein or fat can cause blood sugar spikes leading to a surge in insulin and cortisol, followed by



Likoper from Getty Images/CanvaPro

a crash that leaves us feeling tired, irritable and craving more sugar. In times of stress, the synergy of protein, fiber and healthy fat is important for maintaining systemic balance. Opt for an unsweetened yogurt parfait topped with cacao nibs and berries, or an easy-to-make almond butter energy ball as mindful and delicious choices.

For women challenged by infertility, irregular periods, premenstrual syndrome and post birth control syndrome, seed cycling is a growing trend that involves consuming flax and pumpkin seeds during the first half of the menstrual cycle and sunflower and sesame seeds during the second half to promote a healthy balance of estrogen and progesterone levels. These seeds are rich in essential fatty acids and dietary zinc. Additional research is needed to substantiate the efficacy of this practice.

Picking Proteins, Ditching Sugar

Healthy proteins found in lean meats, organic soy, whey, unsalted nuts, nut butters, quinoa and nutritional yeast support a healthy gut microbiome, which plays a vital role in balanced hormones, insulin regulation and satiety. "Having protein alongside carbs also slows your absorption of carbohydrates, preventing craving-inducing blood sugar spikes," explains Pelz. She also notes that protein contains the raw materials to build essential



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hormones, including tryptophan and tyrosine, the latter being a direct precursor to thyroid hormones. Pelz recommends grass-fed beef, wild salmon, tofu and quinoa as her preferred protein sources.

The sugar habit can incite higher insulin levels, causing insulin resistance, which increases the risk of polycystic ovary syndrome, Type 2 diabetes and fatty liver disease. To overcome a sweet tooth, Pelz suggests taking a two-week sugar sabbatical (including maple syrup and honey) and replacing it with monk fruit, stevia or erythritol. For sweet treats, she prefers fiber-rich apples, kiwis and oranges.

According to Peischl, nuts, seeds, Greek yogurt and avocados can stabilize blood sugar and support neurotransmitter

production. Sweet potatoes and lentils offer high-quality, complex carbohydrates and fiber. Noting that the liver plays a crucial role in processing and detoxifying excess hormones, she recommends a small smoothie with berries, flaxseeds and a teaspoon of spirulina for liver support.

DeLong proposes snacking on blood sugar-friendly chia seed pudding with berries, apples with yogurt and peanut butter dip, veggies and hummus, or whole grain crackers with guacamole. She also advises controlling portions. "Taking your time when eating anything and staying present and mindful can help prevent snacks from turning into meals," she counsels.

Maya Whitman is a regular contributor to Natural Awakenings.

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CHIA PROTEIN BARS

YIELD: 12 BARS

- 1½ cup pitted dates, packed*
- ½ cup almond butter*
- 1 tsp vanilla extract*
- ¼ tsp kosher salt*
- 1 cup raw walnut pieces*
- ½ cup chia seeds*
- ½ cup hemp seeds*
- ½ cup unsweetened, shredded coconut*
- ½ cup non-dairy dark chocolate, chopped*
- ½ cup raw cacao powder*

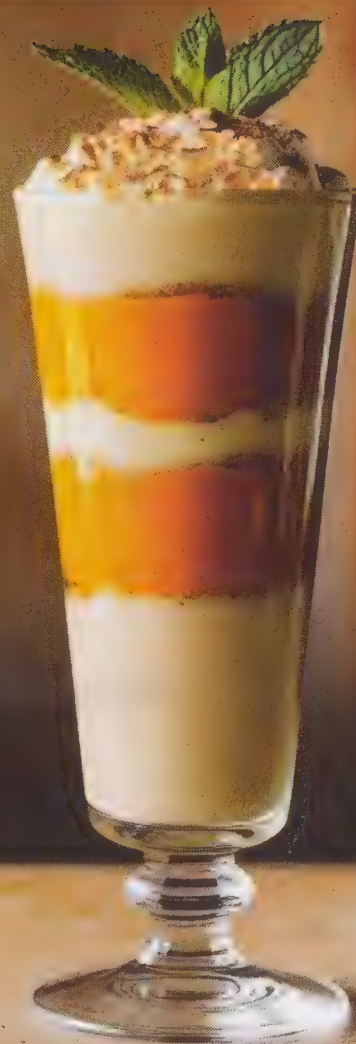
Line a 9-by-9-inch baking pan with parchment paper.

In a food processor, pulse the dates until a thick paste forms. Add the almond butter, vanilla and salt and pulse again until thoroughly combined. Add the walnuts, chia seeds, hemp seeds, coconut, chocolate and cacao powder and pulse until thoroughly incorporated.

Using a spatula, press the mixture evenly into the prepared baking pan and freeze overnight.

Remove the pan from the freezer and cut the mixture into 12 bars. Place the bars in an airtight container and refrigerate for up to a week or freeze for up to three months.

Recipe from Eat Like a Girl courtesy of Dr. Mindy Pelz.



PUMPKIN CHIA PUDDING

YIELD: 1 SERVING

- 1 cup low-fat Greek yogurt*
- 2 Tbsp chia seeds*
- 1 tsp vanilla extract*
- ¼ cup pumpkin puree*
- 1 Tbsp chopped pecans*

In a bowl, combine the Greek yogurt, chia seeds and vanilla extract. Cover with a lid and refrigerate for at least two hours or overnight.

In a glass, layer the ingredients, starting with ½ cup of chia pudding, followed by ⅓ cup of pumpkin puree, ¼ cup chia pudding, ⅓ cup of pumpkin puree and ¼ cup of chia pudding. Top with chopped pecans.

Recipe courtesy of Holly DeLong.

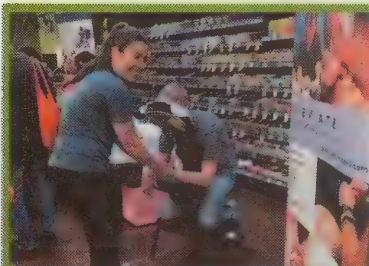
CACAO BANANA YOGURT BOWL

YIELD: 1 SERVING

- ¾ cup whole-milk, plain Greek yogurt*
- 3 tsp cacao nibs*
- ¼ tsp cinnamon*
- ½ medium-sized banana, sliced*
- 1 Tbsp pumpkin seeds*
- ½ cup raspberries*

Top yogurt with all other ingredients and enjoy.

Recipe courtesy of Holly DeLong.



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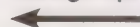
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Canine Appetite Loss

How to Get Older Dogs Eating Again

by Ruth Roberts, DVM, CVA, CVH, CVFT, NAN

When an older dog loses its usual appetite, it could be a sign of underlying health issues like sore teeth or memory loss. A 2022 study published in *Topics in Companion Animal Medicine* revealed that reduced eating in older dogs can lead to muscle loss, fatigue and an increased susceptibility to illness. Understanding and managing an elderly dog's appetite is crucial for their longevity and overall well-being.

Causes of Appetite Loss

According to the *Journal of the American Animal Hospital Association*, senior dogs often stop eating because they are sick or in pain. A wide variety of conditions can diminish their appetite.

- **Dental issues**, such as gum infections, decayed teeth or broken molars, can make chewing painful. Dogs experiencing oral discomfort may avoid eating altogether, especially if their food is hard or dry.
- **Kidney disease**, a common condition in older dogs, often leads to nausea and a decreased appetite, prompting them to drink more water, lose weight and feel tired.
- **Liver disease** can further reduce appetite by causing vomiting, jaundice and overall weakness.
- **Bloating, diarrhea or acid reflux** may dissuade dogs from enjoying their usual meals.
- **Cognitive dysfunction syndrome**, similar to dementia in humans, can cause

confusion and behavioral changes, thereby disrupting their eating habits.

- **Joint pain** from arthritis can make it difficult for a dog to bend down to eat, leading to reduced food intake.
- **Stress and anxiety** trigger the release of cortisol and other hunger-suppressing hormones. According to holistic pet health coach and senior dog expert Sandy Reynolds, these hormones can create a vicious cycle where stress reduces appetite, which, in turn, negatively impacts gut health, further diminishing a dog's interest in food.

Appetite Boosters

Enhancing the smell and taste of food can motivate a senior dog to eat. Reynolds suggests adding warm water, bone broth or other liquids to a dog's meal to improve flavor and make chewing easier. Bone broth provides essential nutrients, while probiotic-rich goat's milk or kefir supports digestion. Gut health is pivotal, as a healthy digestive system can improve appetite.

Reynolds also recommends green tripe because it has natural enzymes and good bacteria, as well as scrambled eggs for high-quality protein and healthy fats. Soothing herbs like slippery elm and

Understanding and managing an elderly dog's appetite is crucial for their longevity and overall well-being.



marshmallow root can also alleviate digestive discomfort, making mealtimes more enjoyable.

Stress Reducers

For brain health, Reynolds suggests incorporating calming ingredients into a dog's diet such as cannabidiol (CBD) oil, chamomile, valerian root or concentrated liquid extracts made from medicinal mushrooms like reishi and chaga. "Using a PEMF [pulsed electromagnetic field] mat can also work wonders in calming the senior dog and encouraging them to eat," she adds.

Environmental factors also play a role in appetite. Maintaining a regular routine and feeding dogs in a calm, quiet setting can contribute to their sense of safety. Occasional hand feeding can reassure and encourage them to eat. Reynolds recommends trying white noise machines, calming essential oils or pheromone diffusers to reduce anxiety during mealtime.

Signs of Trouble

A brief loss of appetite is generally not cause for concern. However, pet parents should look for signs of a more serious issue, which would require immediate veterinary intervention. "If a senior dog hasn't eaten for more than 24 to 48 hours, seems very sick or has eaten something harmful, don't wait to get help," Reynolds advises. Other concerning symptoms include rapid weight loss, vomiting, diarrhea, lethargy and dehydration.

"Whenever a senior dog is not eating or drinking, try offering water with a splash of goat's milk or low-sodium chicken broth," she suggests. Keeping a journal of eating patterns and symptoms can help veterinarians identify underlying issues and recommend suitable treatments.

Complementary Treatments

Holistic methods can complement traditional veterinary medicine and support recovery, but they cannot replace life-saving treatments. "When caring for a senior dog, it's not about choosing one over the other—it's about combining the strengths of both," Reynolds explains.

A holistic approach might include a fresh, whole-food diet tailored to a senior dog's needs, supplemented with medicinal mushrooms, CBD oil and herbal blends to boost the immune system, reduce inflammation and support organ function. Supplements like omega-3 fatty acids contribute to joint health, while probiotics aid digestion.

Pain management is another area where holistic care can be of assistance. "A mix of regular and holistic therapies helps keep senior dogs comfortable without just using medications," Reynolds shares. While non-steroidal, anti-inflammatory drugs can alleviate arthritis symptoms, undenatured type II collagen, turmeric and herbal supplements can support joint health over time.

Ruth Roberts is an integrative veterinarian and holistic health coach for pets, as well as the creator of The Original CrockPet Diet. Learn more at DrRuthRoberts.com.



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FRIDAY, MAY 2

Bodhisattva Ethics – May 2-4. Special guest speaker Geshe Yeshe Thabkhe. In-person & Zoom. \$180/member, \$220/non-member. Pay what you can. No one turned away. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

14th Annual Williamstown Township Fine Art Sale & Studio Tour – May 2-3. A rare opportunity to tour renowned Williamstown area artist studios. Get a behind the scenes experience and speak with artists about their process and inspiration. Purchase directly from the artists and get the stories behind the art. More info & tickets: Tinyurl.com/2a75p5be.

SATURDAY, MAY 3

Power of Devotion – 7-8:30pm. Special guest speaker Gala Rinpoche. If already registered for Bodhisattva Ethics with Geshe Yeshe Thabkhe and Gala Rinpoche, you do not need to register for this talk separately. In-person & Zoom. \$25. Pay what you can. No one turned away. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

SUNDAY, MAY 4

3rd Annual Ann Arbor Climate Teach-In – 1:30-5:30pm. VegMichigan will have a table at the 3rd annual Ann Arbor climate teach-in. We will provide information about the connection between our food choices and our carbon footprint. UUA, 4001 Ann Arbor-Saline Rd, Ann Arbor. VegMichigan.org.

Smokin' Spells Workshop – 2-4pm. This unique workshop blends community, creativity and intention-setting in a sacred space. An empowering journey of creativity, self-expression and discovery. Each participant receives a custom spell kit to take home, extending the magic beyond the day. \$35. Key Massage & Wellness, 3937 E Willis Rd, Milan. Tinyurl.com/8unethw9.

MONDAY, MAY 5

Pearls of Wisdom – 1st Mon, May 5-Aug 4. A transformative monthly series designed to promote emotional, spiritual and collective stability. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

TUESDAY, MAY 6

Open Stage – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Performers have 8 mins (or 2 songs) each

to do their thing. \$3, free/members, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

THURSDAY, MAY 8

VegMichigan's Namaste Flavors Meet-up – 6:30-8:30pm. Enjoy authentic Indian cuisine at Namaste Flavors, which offers a wide variety of plant-based appetizers and entrees made from freshly prepared ingredients. Namaste Flavors, 400 S Division St, Ann Arbor. RSVP: VegMichigan.org.

SATURDAY, MAY 10

Spring Plant Sale – May 10-11. Sale of annuals: 3" pots, planters and hanging baskets lovingly cared for by our MBG-NA volunteer team. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

MARK YOUR CALENDAR

SATURDAY, MAY 24

Days of Light and Hope: The Joy of Living Your Best Life – 11am-4:30pm. Explore your true nature as Soul and raise your spiritual IQ at this uplifting event presented by Eckankar. Through spiritual discussions, a panel and creative arts, this event aims to help you connect with the Divine Light and Sound within yourself. No registration or admission fee. Dexter Library 3255 Alpine, Dexter. 248-546-9224. eckmi.org.

Love, Attachment and Freeing the Relational Self – 10am-1pm. Guest speaker Joseph Loizzo, MD, PhD. \$75/member, \$90/non-member. Pay what you can. No one turned away. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

The Amazing Race – 4-8pm. Experience the Greater Washtenaw County Community in a new light as you work to solve clues and hunt for landmarks in a family-friendly team-based road rally. All proceeds remain local at the Cancer Support Community of Greater Ann Arbor. \$50. 3500 Jackson Rd, Ann Arbor. Tinyurl.com/mr3etx9p.

SUNDAY, MAY 11

Mother's Day Time to Teal 5K and Fun Run/Walk – 8am. The 5K and 1-mile Fun Run are walker-friendly, making the event accessible for participants of all ages and

abilities. 113 S Ashley St, Ann Arbor. 734-800-6144. MiOvarianCancer.org.

Mother's Day Wildflower Hike – 10:30am-12pm or 12:30-2pm. Find lovely blooms popping up through the grasses and sprouting on the forest floor. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. Register: DiscoverScienceAndNature.org.

Mother's Day Kirtan Celebration – 5-6pm, potluck; 6-8pm, kirtan. Led by Full Moon Kirtan and Trevor Chaitanya Eller. 7748 Clark Lake Rd, Chelsea. 734-475-1892. MichiganFriendsCenter.org.

Release & Renew: A Sound Bath Experience – 6:30-7:30pm. Join Martina Smith for a rejuvenating and immersive experience of deep breathing, meditation and a relaxing sound massage. \$20/Zoom, \$30/advance, \$40/at door. Enlightened Soul Center & Shop, 2711 Carpenter Rd, Ann Arbor. 734-358-0218. EnlightenedSoulCenter.com.

TUESDAY, MAY 13

Ann Arbor Backyard Beekeepers: Swarms – 6:30-8:30pm. Michael Nardelli will explain why swarming happens, how to catch a swarm, and how to have a captured swarm and more. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

WEDNESDAY, MAY 14

Growing Native Plants That Butterflies and Moths Need – 6:45-8pm. In-person & Zoom. Presenter: Brenda Sattler. Matthaei Botanical Gardens, Auditorium, 1800 N Dixboro Rd, Ann Arbor. AnnArborArea.WildOnes.org.

SATURDAY, MAY 17

Kitchen Favorites Plant Sale – May 17-18. Sale of food plants: vegetables and herbs grown by Campus Farm. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Humane Society of Huron Valley Walk & Wag – 8am-1pm. VegMichigan will share information about food choices and climate, signing up participants for our 30-Day Plant-Based Pledge, and sharing plant-based food samples with attendees. Rolling Hills Park, 7660 Stony Creek Rd, Ypsilanti. VegMichigan.org.

WEDNESDAY, MAY 21

Open Stage – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Performers have 8 mins (or 2 songs) each to do their thing. \$3, free/members, stu-

dents. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

FRIDAY, MAY 23

New Moon Night Hike – 8-9:30pm. Enjoy a night hike under the stars to celebrate the alignment of the moon and the sun. Will do some science experiments out on the trail, learn about night hike etiquette, and visit some nocturnal animals. After the hike, hear stories and poems inspired by the moon and enjoy a campfire. \$5/person, free/under age 2. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

SATURDAY, MAY 24

How to Respect and Love Yourself – May 24-26. Roots of Virtue with Demo Rinpoche. \$180/member, \$220/non-member. Pay what you can. No one turned away. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Days of Light and Hope: The Joy of Living Your Best Life – 11am-4:30pm. Through

spiritual discussions, a panel and creative arts, this event aims to help you connect with the Divine Light and Sound within yourself. Free. Dexter Library, 3255 Alpine, Dexter. EckMI.org.

SUNDAY, MAY 25

Release & Renew: A Sound Bath Experience – 6:30-7:30pm. Join Martina Smith for a rejuvenating and immersive experience of deep breathing, meditation and a relaxing sound massage. \$20/Zoom, \$30/advance, \$40/at door. Enlightened Soul Center & Shop, 2711 Carpenter Rd, Ann Arbor. 734-358-0218. EnlightenedSoulCenter.com.

TUESDAY, MAY 27

Artist Spotlight: Tanner Dane – 8pm. Indie R&B from Chicago. Free; please bring a nonperishable food donation for Food Gatherers. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

FRIDAY, MAY 30

Fireside Fun – 6:30-8:30pm. There's

nothing quite as relaxing as sitting around a campfire, roasting marshmallows and swapping stories. Free. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.


SATURDAY, MAY 31

Peony Sale – May 31-June 1. Shop from many varieties found in the historic W.E. Upjohn Peony Garden at Nichols Arboretum. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

PLAN AHEAD

SATURDAY, JUNE 7

Hope in the Dharma? – 10am-5pm. Guest speaker Professor Guy Newland. \$100/member, \$125/non-member. Pay what you can. No one turned away. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.



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Ayurveda For Us – Provides online consultations, where clients receive personalized guidance to address chronic health issues and reclaim their vitality. With a focus on diet, herbalism, mental and spiritual healing and lifestyle adjustments, Ayurveda offers a holistic approach to wellness. To schedule a free 30-min discovery call: Calendly.com/d/4dc-gws-6fw/discovery-call. For more info & appt: AyurvedaFor.us.

Herbs for the Southeast Michigan Garden – Learn how to grow and use 20 culinary and medicinal herbs suited for the southeast Michigan garden. Will cover preservation techniques, basic medicine making and crafting herbal oils, poultices, infused honeys and vinegars plus more. Free. More info & register: CastleRemedies.podia.com.

Introduction to Homeopathy Class – Learn how to choose remedies and how to use them. Class contains nearly 4 hrs of pre-recorded videos. Downloadable resources. \$75. More info & register: CastleRemedies.podia.com.

Free Online Programs – Practical Buddhism, Healing and Compassion Meditation, Group Practice, White Tara Guided Healing Meditation, Sunday Talks. Jewel Heart Tibetan Buddhist Learning Center: 734-994-3387. JewelHeart.org.

Oracle Readings – With Dominique LaVoisier, owner of Mediumship with Angels LLC. Incorporates higher-dimensional energies to offer additional insights and support. Florida-based; all readings done remotely. For appt or more info: MediumshipWithAngels.com.

Holistic Health Consultation – 9am-7pm. Online or phone consultation consultations take about 1 hr and are provided by Certified Xolar Vibronics Holistic Educator and Life Coach Ikaro Phoenix. Be introduced to various techniques, elements or holistic ways of viewing the situation which help the soul to be reeducated and empowered to deal with problems and eliminate them from their root. \$150. For appt: LivingWisdomCoaching.earth.

Pets & Parents Reiki Session – 9am-9pm. Sessions for wellness, critical care and end-of-life transition. Actively experience the use of reiki touch with your pet. Learn additional tips for helping your pet. Virtual 40-min appt. \$20. 231-590-0001. TCDesoto@gmail.com.

The Best Affirmation for You – 10am. Learn about the power of affirmations and how they can bring about positive events and circumstances. Call for a 10-15-min consultation with a licensed professional counselor to pick the best affirmation for you. Purchase an affirmation stone to enhance what you are affirming in your

life by having a visible reminder. Free. 734-644-6943. Harmony2c.com/affirmation-stones.

Tiny Lions Lounge & Adoption Center (TLC) – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. TinyLions.org.

WEEKLY

Jewel Heart Ann Arbor Programs – Includes courses, weekly meditation and social activities. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Jewel Heart Bloomfield Hills Programs – Includes courses, weekly meditation and social activities. Theosophical Society, 27745 Woodward Ave, Berkley. 734-239-5985. JewelHeart.org.

Stop Sabotaging Your Self-Care – Christy DeBurton will guide you on a journey of self-discovery to examine the obstacles that stand in the way of you taking better care of yourself. 4-wk self-paced online course. \$79 (regular \$149). Yoga Room, 889 Honey Creek Dr, Ann Arbor. Info@ChristyDeBurton.com. YogaRoomAnnArbor.com/online-courses-self-care.

Yoga with Crysterra Wellness – Variety of classes Tues-Thurs. Cost varies. For schedule & details: CrysterraWellness.com.

SUNDAYS

Bach Flower Remedies Level 1 Live Web – 3rd Sun. Learn how to use the 38 Bach flower remedies to help yourself and others conquer fear, worry, overwhelm, low self-esteem, lack of focus, poor concentration, trouble sleeping and more. With Nancy Buono, BFCP, Director of Bach Flower Education. BachFlowerSchool.com.

White Tara Guided Healing Meditation – 9:30-10:30am. In-person & Zoom. Free. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Hudson Valley Humane Society Rescue Reading – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. \$10; space limited. SHSV.org/RescueReading.

Online Meditation from Anywhere – 11am-12pm. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmunt2@yahoo.com or DeepSpring.org.

Sunday Talk with Demo Rinpoche – 11am-12pm. In-person & Zoom. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Critter House Open Hours – 12-3pm. A great way to get up close and personal with some fascinating animals, all while developing an appreciation for the incredible diversity of the natural world. Suggested donation: \$5/person, \$20/family. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

Wonder Walks – 1pm. Also Wed, 5:30pm. Designed for all ages to inspire curiosity and learning from each other through activities that model curiosity and honor nature. Free. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Inspiring Talk by Mata Yogananda – 7pm. Spiritual talk, pure meditation and silent prayer, with Winged Prayer for all in need at 9pm. Free. Self-Realization Meditation Healing Centre, 7187 Drumheller, Bath. 517-641-6201. SelfRealizationCentreMichigan.org.

MONDAYS

Weekday Morning Online Meditation – Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free; donations gratefully accepted. InsightMeditationAnnArbor.org.

Beginner Tai Chi – 10-11:15am. A series of postures linked together in a fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Mindful Dexter – 12-12:30pm. Last Mon. A short 30-min guided meditation that is a simple and practical mindfulness tune-up that you can access from wherever you are. Zoom. Tinyurl.com/mindfuldexter.

Meaningful Mondays – 8pm. SevaLight Retreat Centre warmly welcomes everyone, of all faiths, meditation practices and traditions, to join us virtually. Will gather on video conference sharing in song/chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer. Free. Email by 10am any Mon to receive the info about how to join by video: Info@SelfRealizationCentreMichigan.org.

TUESDAYS

Senior Discount Tuesdays: Castle Remedies – Customers over the age of 65 can receive a 10% discount on their in-store purchases. In the Parkway Center, 2345 S Huron Pkwy, Ann Arbor. 734-973-8990. CastleRemedies.com.

Online Meditation from Anywhere – 9-9:30am. Building an international sangha by connecting loving hearts. Donations

welcome. To receive a link: CelesteZygmunt2@yahoo.com or DeepSpring.org.

Neverending Lam of Liberation – 7-8:30pm. With Demo Rinpoche. In-person & Zoom. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

WEDNESDAYS

CEW+Inspire Midweek Mindfulness Guided Sit – 12:15-12:45pm. This virtual community of practice is open to all, whether new to mindfulness or seeking to deepen an existing practice. Registration is simple; sign up once to receive ongoing access to weekly Zoom sessions. Cew. Umich.edu.

Wonder Walks – 5:30pm. See Sun listing. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Get the Most from Your DNA Test – 6-8pm. Learn what you can do with your results and what additional opportunities are available for discovering your genetic genealogy. Understand the science, how to find information and how to share that information. Course 39651. \$59. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. 734-677-5060. wccnet.edu/noncredit.

THURSDAYS

Move With Us: Trager Mentastics – Thru May 1. 10-10:45am. 1st Thurs. This is a gentle form of movement that is low key, focused on the nervous system releasing restrictive patterns. \$12 cash. Ann Arbor School of Massage, Herbal and Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. Naturopathic SchoolOfAnnArbor.net.

Class Observation – 11-11:30am. Also Fri. Ann Arbor School of Massage, Herbal and

Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. Naturopathic SchoolOfAnnArbor.net.

Qigong: Basics – 11:15am-12:15pm. Class introduces participants to basic self-care stretches, breathing, meditations and self-acupressure for reducing muscle tension, increasing mindfulness, and revitalization. \$180. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Beginner Tai Chi – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Thursday Evening Silent Meditation – 6:30-8:15pm. With Insight Meditation Ann Arbor. Free; donations gratefully accepted. Zion Lutheran Church, 1501 W Liberty St, Ann Arbor. 734-994-4455. InsightMeditation AnnArbor.org.

Mindful Dexter – 7:30-8pm. 3rd Thurs. A short 30-min guided meditation that is a simple and practical mid-month mindfulness tune-up that you can access from wherever you are. Zoom. Tinyurl.com/mindfuldexter.

FRIDAYS

TMJ Massage Demo on Jaw – 10-10:30am. 1st Fri. Patti Stephen, LMT and long-term dental professional, will offer 2 demos for guests and students to observe on resolving and approaching TMJ tension. Free. Ann Arbor School of Massage, Herbal & Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. Naturopathic SchoolOfAnnArbor.net.

SATURDAYS

Mindful Dexter – 9:30-10:30am. 2nd Sat. Includes a 25-30-min guided meditation, a few minutes of silent meditation, followed by time for comments/questions and a discussion on a mindfulness topic. Dexter Library, 3255 Alpine St, Dexter. 734-476-8474. Tinyurl.com/mindfuldexter.

Pregnancy, Childbirth, Postpartum and Baby Classes – 6-7pm. Classes are held virtually online led by our top AID instructors utilizing state of the art visual aids and activities to keep it fun and engaging while presenting the latest evidenced based material on each topic. \$35/class. Childbirth-Classes.com.

Classifieds

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OPPORTUNITY

HERBAL MEDICINE CLASSES with Mary Light, medicinal herbalist. Call 734-769-7794 and visit Naturopathic-SchoolofAnnArbor.net. Instagram : ann_arbor_school_massage_herbal.

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Energy Lounge

multiple bio-active life-enhancing energy fields, including scalar waves and a morphogenic energy field, also known as scalar vortex. When combined with light as biophotons, it can interface with the body's DNA matrix and promote wellness. See ad on inside front cover

The EESystem combines Body, Mind, Spirit and Science. This system generates

Health Food Store

BETTER HEALTH MARKET & CAFE

3500 Washtenaw Ave, Ann Arbor
734-975-6613
BetterHealthMarket.com



Michigan's #1 source for organic foods, vitamins and more. Better nutrition at better prices, all backed by better advice from

our nutrition experts. You will find; organic produce, all the top-quality vitamins and supplement brands, sports nutrition and proteins, delicious prepared foods, desserts, an organic salads, soup and hot bar, natural bath, body and aromatherapy products, green home products. Get rewards through our APP. See ad page 23.

Holistic Doctor

DR. MALCOLM SICKELS, M.D.

210 Little Lake Dr, Ste 10, Ann Arbor
734-332-9936
DrSickels.com



Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical students about different approaches to health. Board certified

in Family Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at Dr.Sickels.com. See ads, pages 10 and 13.

Holistic Mental Wellness

CENTER FOR INTEGRATIVE COUNSELING

Karen Kerr, LMSW
2010 Hogback Road, Ste. 6E, Ann Arbor
734-660-5610
Karen8Kerr@gmail.com
KarenPKerr.com



Ready for lasting transformation? Karen P. Kerr's holistic therapies truly reduce stress, restore balance and empower you to shine from the inside out. With nurturing guidance and proven healing techniques,

she helps individuals unlock renewed vitality. Experience her compassionate support now and discover your path to a healthier, happier you—today. Most insurances are accepted.

Homeopathic Pharmacy

CASTLE REMEDIES

2345 S. Huron Pkwy, Ann Arbor
In the Parkway Center
734-973-8990
CastleRemedies.com



Serving Michigan for nearly 40 years. Castle Remedies offers over 1,000 homeopathic remedies as well as herbs, essential oils, flower essences, books, unique gifts and jewelry. We carry top-tier nutritional supplement brands such as Metagenics, Ortho

Molecular, Xymogen, Integrative Therapeutics, Karuna, NOW, and more. Classes available online. See ad page 21.

Mobile Holistic Veterinary Services

WHOLE LIFE VETERINARY SERVICES

WholeLifeVet@gmail.com
517-474-4050
WholeLifeVeterinary.com



WHOLE LIFE
VETERINARY SERVICES

and Traditional Chinese Veterinary Medicine and acupuncture in the comfort of your own home or barn. We are committed to providing you with the best holistic pet health. We provide holistic care, in-home euthanasia, and equine lameness care. See ad page 25.

Give your horse or pet the benefit of both worlds with a combination of Western medical knowledge

Mold Testing & Remediation

MOLDPRO

John Du Bois, CMI, CMR, CCMi
247 W. Main Street, Milan
734-439-8800 • MoldProInc.com



MoldPro offers chemical-free mold remediation, independent certified mold testing, inspection and consultation services all over SE Michigan specializing in mold biotoxin illness clients.

Nature-Oriented Meeting Space

**MICHIGAN FRIENDS CENTER
AT FRIENDS LAKE COMMUNITY**
7748 Clark Lake Road, Chelsea
734-475-1892
MFCenter.org/rent



We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups and family gatherings. Main room accommodates 100, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from \$200-\$400, additional for extensive grounds use, camping. See ad page 31.

See ad page 31.

Neurofeedback

NEW MOON NEURO
105 E. Middle Street, Chelsea
734-210-1922
NewMoonNeuro.com



Located within AL-CHEMY Holistic Collective, New Moon Neuro is the area's only IASIS Micro Current Neurofeedback Provider. Find lasting support for anxiety, depression, ADHD, insomnia, OCD, addiction, TBI, migraines, pain issues and more - for the entire family! *Natural Awakenings* readers can receive \$150 off the purchase of a Neurofeedback package. See ad page 11.



Reflexology & Reiki

CRYSTERRA WELLNESS

3173 Baker Rd, Dexter
734-649-1849
CrysterraWellness.com



Physical and emotional issues are addressed holistically via the body's natural healing response. Board Certified Clinical Reflexologist and Reiki Master. See discount coupon page 17.

Smoking Cessation

FREE AT LAST! HYPNOSIS
Center - A Joyful Journey
734-883-8775



ad page 27.

Stop smoking in one visit. Afraid it's going to be too painful or too difficult? Our unique specialized and proven system makes it easy. Become a happy and permanent non-smoker today. See

Weight Loss

FREE AT LAST! HYPNOSIS
CENTER - A JOYFUL JOURNEY
734-883-8775



ed. See ad page 27.

Lose weight now with hypnosis. Achieve permanent positive life and habit changes through our safe, rapid and effective system. Tap the potential of your mind to create the health and vitality you've always wanted.

Wellness Center

THRIVE! WELLNESS CENTER
148 S. Industrial Dr. Saline
734-470-6766
Thrive-Wellness-Center.com



Wellness Center

ries natural foods, skin and home products. See ad page 15.

Physical and emotional issues are addressed holistically via the body's natural healing response. Board Certified Clinical Reflexologist and Reiki Master. See discount coupon page 17.

Shannon Roznay, DC, specializes in Nutrition Response Testing and Activator Chiropractic. Thrive! also carries natural foods, skin and home products. See ad page 15.

MICHIGAN FRIENDS CENTER AT FRIENDS LAKE COMMUNITY



A Scenic and Tranquil Meeting Place...

We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups, and family gatherings. Main room accommodates 100, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from \$200-\$400, additional for extensive grounds use, camping. Book your next gathering at <https://MFCenter.org/rent>

"We need to preserve a few places, a few samples of primeval country so that when the pace gets too fast we can look at it, think about it, contemplate it, and somehow restore equanimity to our souls."

— Sigurd Olson



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(734) 475-1892
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Bioidentical Hormone Replacement Therapy

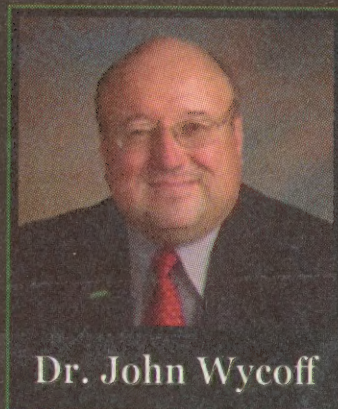
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Mid-Michigan's Leader In Hormone Replacement

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- ✓ Improve Endurance
And Sex Drive
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- ✓ Increase Bone Density
- ✓ Burn More Fat



Dr. John Wycoff

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not just treating
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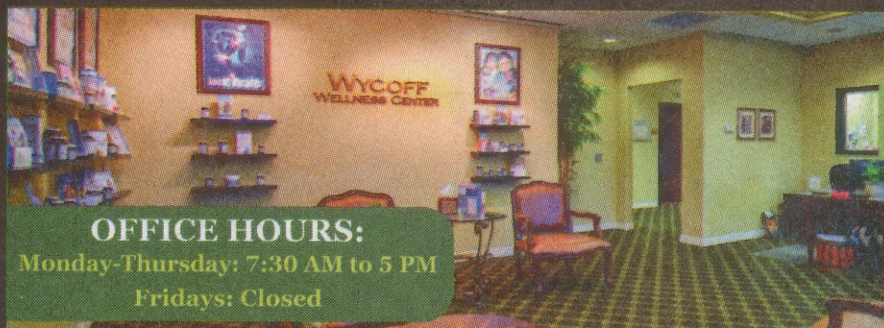
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